

COACHES APRIL MESSAGE - BARON'S HOCKEY ACADEMY

I hope that everyone had a great spring and Easter break. As we move into our final six weeks of the hockey academy I wanted to take the opportunity to thank all the student athletes for their commitment to ensure that they maximize their potential through their efforts on and off the ice. Larry, Jamie, Jaret and I have witnessed impressive growth in individual ability and confidence with both the Junior and Senior class which has allowed us to challenge the respective groups with our curriculum without sacrificing our focus on the development of technical and tactical skills.

At the Baron's Academy we implement a cooperative style of coaching open to the ideas of our athletes by placing a higher value on them as people more than hockey players. Our coaching style at the Baron's Academy empowers our athletes to maximize their potential every time they come to the rink by:

- Ø Fostering positive relationships with athletes and other coaches;
- Ø Keeping open lines of communication with the athletes and staff;
- Ø Encouraging increased participation of the athletes with quality repetitions;
- Ø Enhancing the tactical knowledge of the athletes by explaining the "why" and the "what's in it for you;"
- Ø Appreciating the efforts of everyone involved;
- Ø Giving and accepting advice;
- Ø Encouraging leadership through example;
- Ø Constantly seeking out continued knowledge of the game and passing it along to the athletes(Larry - Spruce Grove SAINTS / Jamie – Grande Prairie STORM / Rick - Team Alberta Under 16 as well as mentorship with Billy Moores)

We fully understand that coaches are very important people in the lives of our athletes and their families. For sure our actions and our coaching style can affect many aspects of their lives and we take this into account every day by embracing open, positive communication in order to support our student athletes in maximizing their potential.

Our focus for the remainder of the 2011 hockey academy year will be on the four most important words: **"I believe in you."** It's a fantastic thing if you can look in someone's eyes and tell them that you believe in them - it can be one of the greatest gifts you could give them. It's one of the things that people do not do enough of but that won't be the case with Larry, Jamie, Jaret and I over the next six weeks.

"I believe in you / You can do this / It's inside you / I know you can / You can bring it out all the time if you work hard and have fun with it / I will help you but you have to be willing to do the work" wins. Caring is the foundation of commitment and trust which can motivate the student athlete to maximize their potential and that is our ultimate goal.

It's going to be a great six weeks.

Rick